

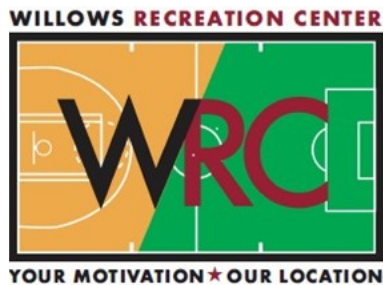
COACH HARNEY
BASKETBALL SCHOOL
@ WILLOWS RECREATION CENTER
Sunday Morning Clinics 2020

***17th Year * Southern Maryland's Largest & Longest Running Basketball Training Clinics* Expert Instruction * Pre-Season Preparation* Basketball Training and Athletic Performance* Social Distancing Protocols in Place**



BOYS AND GIRLS

Basketball Prep Clinics
Gym Rat Elite (Grade 4th-5th)
Junior Elite (Grade 6th-8th)
Elite (Grade 9th-College)



Session 1 – Sept 27
Session 2 - Oct 4
Session 3 - Oct 11
Session 4 - Oct 18
Session 5 - Oct 25
Session 6 - Nov 1
Session 7- Nov 8
Session 8 - Nov 15
Session 9 - Nov 23



Rotating 90 Minute Sessions
From 6:30-11:00 AM

FOR MORE INFO & APPLICATION

Call or email: Chris Harney

crharney@smcm.edu

(240) 895-4318

Or go to: WWW.COACHHARNEY.COM



About



Head Coach Chris Harney

A well known teacher on the camp/clinic circuit, Coach Harney has been involved with the late Hall of Fame basketball coach Morgan Wooten and his camps for over 30 years. In sixteen seasons, **Harney** has completely transformed the SMCM program leading the Seahawks to five NCAA Division III Men's Basketball Tournaments, including four "Sweet 16" appearances and two "Elite Eight" appearances. Under Coach Harney, the Seahawks have also captured four CAC championship titles and six CAC regular-season titles and been ranked nationally nine years in a row.

His career record currently stands at 250-150 (.626%) to date, and he has been named CAC Coach of the year three times (2010, 2011, 2013) and Region Coach of the year twice!

Session Information

The Basketball Prep Sessions are instructional basketball clinics open to boys and girls, Grade 4-5th (Gym Rat Elite), Grades 6-8th (Junior Elite Level) and Grades 9th to College (Elite). The sessions focus on the player who wants to take their game to the next level with elite skills training and athletic performance. Training will be held at the Willows Recreation Center. Players will have the opportunity to train with St. Mary's College Head Coach Chris Harney. Use this opportunity to get back into game shape and enhance skills from the past season. Develop the athletic building blocks necessary to excel. Enjoy a fun and challenging program in a safe, socially distanced

Sample Daily Schedule

- Strength, Speed and Conditioning 15 min
- Basketball Skills Stations X3 20 min each
- Training (Ball Handling/Passing/Finishing Moves/Defense/Rebounding/Moving without the ball)
- Shooting Lab / Game IQ
- Games and Contests
- Cool Down 10 minutes

Details

Chris Harney Basketball School

WWW.COACHHARNEY.COM

(240) 895-4318

crharney@smcm.edu

Willows Recreation Center

46961 Bradley Blvd

Lexington Park, MD 20653

Schedule & Cost

**Gym Rat Elite (Grade 4th-5th)
Junior Elite (Grade 6th-8th)
Elite (Grade 9th-College)**

Session 1 – Sept 27

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**\$25 Per Session or \$200 for 9 Sessions
20 Players Per Session Max**

Health Safety Highlights

- Limited to 20 players per session 10 per court (State of MD Camp Guidelines)
- Bring & use your own ball
- Disinfect hands with sanitizer prior to entering facility
- 6 feet or more spacing between players
- No contact with other players
- If a player or anyone in the players family is sick, they will not be permitted to train